



# Theming for the 1st Chakra

## Roots | Mūlādhāra

Themed possibilities and suggestions for the Root Chakra (these ideas are just starters; there are many more)	
<b>Poses</b>	Mountain, Easy, Garland, Warrior II, Utkatasana (Chair pose), any posture that focuses on strengthening the legs, which strengthens the foundation and opens the base of the spine.
<b>Music</b>	<i>I'll Stand By You</i> (Pretenders), <i>I Will Survive</i> (Gloria Gaynor), <i>Amazing Grace</i> (Traditional), <i>What a Wonderful World</i> (Louis Armstrong), <i>Loves Me Like a Rock</i> (Paul Simon), <i>The Sun Shines on Everyone</i> (Snatam Kaur).
<b>Essential Oils</b> (use only with consent of all affected)	Spruce, cinnamon, nutmeg, clove, jasmine, rosewood.
<b>Mudra</b>	Ganesha, Gada, Hamsi, Prithvi.
Note: To find instructions on how to do a particular mudra (hand gesture), please do a simple internet search.	



ROOT TO RISE  
YOGA TEACHING METHOD